



POPULAR GREENS - You'll be eatin' o' the green come March 17. We took this picture to help you identify some of the most popular greens. What better salute to stalwart old St. Patrick on his birthday than a meal of tasty, health-making greens. Such tasty dishes as savory fresh spinach and collard greens with deviled ham are discussed in today's food columns.

Feeding the Family

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Food Editor

Glamour Ways for

Eatin' O' the Greens

Salute St. Patrick's Day by eatin' o' the greens. The color of these vegetables symbolizes the verdancy of spring, which officially debuts this year on March 21 (at 3:55 a.m. to be exact), just four days after St. Patrick's Day.

Not only are leafy fresh greens served in many glamorous and appetizing ways, but one feels positively virtuous bringing a steaming bowlful to the table because these highly esteemed plants are loaded with minerals and vitamins making them a far better antidote for spring fever than sulphur-and-molasses ever was.

Vegetables, such as spinach, kale, collards, mustard, turnip and dandelion greens grow rapidly; their production and marketing require a minimum of labor; they're always a good buy.

Buying and Storing

Greens of good quality are fresh, crisp, clean and free from insect damage. Wilting and yellowing of the leaves indicate age or some other form of damage. Once purchased they should be stored in the refrigerator to preserve nutrients.

Cooking Hints

Wash greens in several changes of barely lukewarm water, bobbing them under and shaking them to remove any sand. Lift greens from the water each time.

Tender, mild-flavored greens, such as spinach, should be cooked in the water which clings to their leaves after washing. Less fragile leaves, such as kale and collards, require enough water to keep them from scorching during a 15 to 20 minute cooking period. In any case, the golden rule is, don't overcook.

Favored Flavor Treatment

A "mess" of greens is particularly good with ham, pork or fish. Add one or more of the following as flavoring: bacon bits, butter, ground ham, anchovy paste, French dressing, vinaigrette dressing, minced onion, crushed garlic, chopped chives, oregano, marjoram, basil and tarragon. Chopped hard-cooked egg, garlicked croutons, ground ham, bacon bits, grated sharp cheese, finely chopped nuts or peanuts are good garnishes.

Savory Fresh Spinach

Heavy in nutrients, particularly vitamin A, and in iron and other minerals, but low in calories, spinach ups vitality without adding poundage. Prepared in this savory manner, children and adults alike will be begging for more. Five to six servings.

2 pounds young tender fresh spinach
2 tablespoons butter or margarine
1/3 cup chopped onion
1/2 teaspoon crumbled oregano leaves
1 1/4 teaspoons salt
1/2 teaspoon garlic powder
1/2 teaspoon ground black pepper

1 teaspoon fresh lemon juice
3 tablespoons grated cheddar or Parmesan cheese

Onion Rings
Wash spinach and place in a saucepan with only the water that clings to the leaves. Cook and cook only until wilted and tender about five minutes. Remove from heat and cut criss-cross with two knives.

Heat butter or margarine in a saucepan. Add onion and saute until transparent and limp about three minutes. Add seasonings and lemon juice. Pour over spinach. Toss lightly; turn into serving dish. Sprinkle with grated cheese and garnish with fresh onion rings.

Spinach, Sauced

For six delectable servings of spinach, wash two pounds fresh spinach thoroughly and cut off root ends and coarse stems. Cut into two or three inch pieces. Place in a saucepan, without extra water, cover and cook slowly 10 minutes or only until spinach is tender and wilted. Add one teaspoon salt and three tablespoons French dressing. Toss lightly. Garnish with one hard-cooked egg which has been put through a sieve.

Herbed Mustard Greens

Will Spice Up Dinner

The large-leaved fancy pungent garden mustard grown in this country as potherbs are treated much the same as spinach. The young, tender leaves can be used as salad greens either alone or in combination with other greens. The older, tender leaves are cooked, as is spinach, with just the water that clings to the leaves after washing. Mustard greens treated with herbs will spice up an ordinary dinner, and, no doubt, be asked back for repeat performances. Recipe makes six servings.

2 pounds fresh mustard greens
3 slices salt pork
1 1/2 teaspoons salt
1/2 teaspoon sugar
1/2 teaspoon whole marjoram leaves
1/2 teaspoon ground black pepper

Cut off root ends and coarse stems of mustard greens. Wash greens thoroughly. Set aside while cooking pork. Slice or dice salt pork and brown in heavy saucepan or Dutch oven. Add mustard greens salt and sugar. Cover and cook until tender about 15 minutes. The cooking time will vary with the age of the greens. Add marjoram and black pepper five minutes before end of cooking time. Chop two or three times to increase the ease of eating. Served at once.

Deviled Collard Greens

The collard is one of the most primitive and oldest members of the cabbage family. 'Tis a favorite of the south where traditionally the greens are boiled with salt pork or hog jowls. Here we bring this well liked green up to date with deviled ham.

For each six servings: Cut off coarse stems of two pounds collard greens. Wash greens thoroughly; cut into two or three inch lengths. Place in a saucepan with one-half cup boiling water and one-half teaspoon salt. Cover and cook slowly 30 minutes or only until crisp-tender. Cooking time will depend on the age of the greens. Add one three-ounce can or jar of deviled ham which has been mashed with a fork. Toss lightly until ham is well distributed. Serve at once. **Scalloped Fresh Kale**

Kale is a cabbage-like plant, a close kin to the collard. They have been under cultivation for so long and have been shifted about so much by prehistoric traders and migrating tribes of as long ago as 4000 years, that it is not certain in which region the species originated. The present wrinkled or ruffled type of kale was mentioned by Theophrastus in 350 B.C.

Whether you've never tried kale or it is a long time favorite green, we think you'll be particularly partial to scalloped kale. Recipe makes six servings.

2 pounds fresh kale
3/4 cup boiling water
2 teaspoons salt
2 hard-cooked eggs, chopped
1/2 teaspoon ground black pepper
1/2 teaspoon sugar
1 cup grated cheddar cheese
1 cup soft bread crumbs
2 tablespoons butter or margarine

Cut off roots discard imperfect leaves and wash thoroughly in four to five waters. Place in a saucepan with the boiling water and one teaspoon of the salt. Cover and cook 15 minutes or only until crisp-tender. Remove from heat and chop. Combine with chopped egg, black pepper, sugar and remaining salt.

Place alternate layers of kale mixture and cheese in a buttered 1 1/2 quart casserole. Blend bread crumbs with melted butter or margarine and sprinkle over the top. Bake in a preheated moderate oven (375 degrees) 2 minutes or until crumbs are brown.

Cherry Pineapple Sauce
St. Patrick's Day is one day of the year when colorful, mint flavored green maraschino cherries really come into their own. However, you'll like this cherry pineapple sauce any day of the year when it is poured over cupcakes, vanilla ice cream, or is used in a festive parfait.

Blend one-fourth cup sugar with two tablespoons cornstarch, one-half teaspoon salt; then add one one-pound four-ounce can crushed pineapple and one-half cup halved mint-flavored green maraschino cherries (about 20 cherries). Cook over low heat stirring constantly until thickened and clear. Add two tablespoons butter and two tablespoons lemon juice; mix well. Serve hot or cold.



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